



Recipes for Your Well Being

Use essential oils everyday to prevent illness. Rather than using commercial products which may contain synthetic fragrances and artificial colors, essential oils provide a natural and effective way to keep our immune system healthy.

Essential oils are proving superior and safer than antibiotics and vaccines. We know that microbes mutate and become immune to drugs, however, no disease-causing microbe has ever been known to mutate against essential oils. Children and babies react very well with use of quality essential oils such as Tea Tree, Lavender, Eucalyptus and Roman Chamomile. Always dilute essential oils for babies with a carrier (1T carrier to 1 drop essential oil). Best to apply to their feet

Soothing Spray / First Aid Spray

10 drops Tea Tree

10 drops Lavender Add essential oils to 1oz bottle of pure mineral water. Apply to affected area. For scrapes, bumps, bruises, bacterial and fungal skin conditions.

Calm (for anxiety and tension)

3 drops Orange

2 drops Lavender

2 drops Frankincense

2 drops Cedar Atlas

Mix essential oils into 1 oz organic cream. Apply to bottom of feet, neck to relax the body.

Be at Ease (for anxiety and tension)

3 drops Orange

2 drops Roman Chamomile (may help itchy rash)

2 drops Lavender

1 drop Geranium

Mix with 1oz in organic cream. Relieve anxiety and nervous tension. Apply on bottom of feet, back of neck to relax the body.

Breathe

3 drops Eucalyptus

2 drops Tea Tree

2 drops Lavender

2 drops Lemon

2 drops Thyme

Drop oils into Pure and Clear Body Oil in a 1 oz spritzer bottle or Organic Body Cream in 1 oz jar. Spray in hands and apply to chest, neck, sinuses and feet. Rest!

Hand Sanitizer

5 drops Lavender

5 drops Tea Tree

2 drops Orange or Lime

Add to 1oz Witch Hazel astringent in a 1oz squeeze bottle.

Pour into one hand and rub both hands together

Refresh

3 drops Orange

2 drops Tea Tree

2 drops Eucalyptus

1 drop Frankincense

Make in a 1 oz spritzer with pure mineral water, add the essential oils and spritz on body as preferred, after shower/bath and during the day to refresh.

Concentrate / Alertness / Study

3 drops Peppermint

3 drops Lemon

2 drops Lavender

2 drops Rosemary (caution for HBP)

1oz distilled water in spray bottle

Mist on neck and face and arms

Sunburn

3 drops Lavender (to prevent peeling and aid in healing)

1 drop Peppermint (to cool)

1oz distilled water in a spray bottle and mist on the body as often as needed

Sore Muscle Massage

3 drops Lavender

3 drops Peppermint or 2 drops Ginger

2 drops Eucalyptus

2 drops Rosemary or Marjoram

Mix in 1oz Organic Clear and Pure Body Oil or Organic Body Cream

Rub into sore muscles to relax and soothe

Insect Away Oil or Mist

2 drops Rose Geranium

2 drops Cedar Atlas

2 drops Eucalyptus

2 drops Lavender

2 drops Lemongrass

Mix with 1oz massage oil or pure mineral water in spray bottle. Dilute to 1% for infants older than one month of age. For 1% dilution use a 4 oz bottle with more carrier, and the same ingredients. Naturally, do not get into eyes.

Bug Bite Roll-On

2 drops TeaTree, 2 drops Lavender, 2 drops Roman Chamomile, 1 drop Eucalyptus

Mix with Aloe Vera and Witch Hazel in small roll-on.

Use on insect bites to take away the itch and pain.

Not intended to diagnose, treat, cure or prevent any disease.

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